

NUTRITION AND PHYSICAL ACTIVITY PROGRAMS IN NEW JERSEY



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Nutrition and Physical Activity Programs in New Jersey

This Resource Guide was initiated in the Summer of 2002 as a NJCCR Summer Fellowship. This effort was intended to be a first step in coordinating nutrition and physical activity programs in NJ. The programs included here are based on the responses to our survey, which was widely distributed, as described below. We would like to continue building this Resource Guide. If we missed your program or you would like to provide an update, please contact us (see page 3).














To add or change information about your program, please complete:

Fax to: E. Bandera 732-235-9888 or

Email: elisa.bandera@umdnj.edu

Program Name:	
Agency:	
Address:	
County:	
Phone:	() -
Focus:	
Services:	(see below)
Age group:	
Funded by:	
Fees/Charges:	
Other info.:	

(use other pages if needed)

✓	Check all that apply:	
	Information/education materials	
	Lectures or seminars	
	Self-help materials	
	Assessment	
	Counseling	
	Formal classes or instruction	
	Healthier food put into vending machines	
	Provide equipment or facilities for fitness	
	Changes in cafeteria food served	
	5-A-Day Program	5
	Tailored for youth	
	Tailored for minority groups	
	Tailored for seniors	
	Tailored for women	

Nutrition and Physical Activity Programs in New Jersey

A diet rich in fruits, vegetables, and whole grains, maintenance of a healthy weight and a physically active lifestyle may protect you from cancer.

The goals of this NJ Nutrition & Physical Activity Program database are:

- to provide baseline information of current activities in New Jersey;
- to identify program gaps and overlaps to issue public health recommendations; and,
- to facilitate dissemination of successful programs available to NJ residents.

Organizations can use this information to address the Nutrition and Physical Activity goals in the NJ Comprehensive Cancer Control Plan and Healthy New Jersey 2010, particularly by targeting high-risk populations.

Healthy New Jersey 2010 Goals Nutrition and Health:

- To increase the percentage of persons aged 18 and over eating at least five daily servings of fruits and vegetables (including legumes) to 35.0%.
- To reduce the percentage of persons aged 18+ & who are overweight but not obese to 27.6%.
- To reduce the percentage of persons aged 18 and over who are obese to 12.0% of all adults.
- Increase the percentage of persons aged 18 and over who participate in frequent, leisure-time physical activity during the past month to 42.5%.

NJ Comprehensive Cancer Control Plan

Nutrition and Physical Activity Goals:

- To promote long-term healthy eating patterns, healthy weight, and physical activity for cancer prevention among New Jersey residents.
- To increase research on effective dietary and physical activity approaches for the prevention of cancer & increasing survivorship of cancer patients.
- To assure proper nutritional care for cancer patients.

Collecting Data

A statewide survey was conducted, between June and October 2002, to identify programs offered to New Jersey residents promoting healthy dietary habits and/or physical activity. Surveys were sent to industries, hospitals, universities, community agencies, state and local government, and private and public organizations in New Jersey. In addition to the detailed information about the nutrition and physical activity programs, organizations were asked to provide contact information for any other nutrition and physical activity resources. All eligible information received by October 28, 2002 was included in this resource guide. We will continue collecting data and future updates will be made to this database. This resource guide will also be posted on the NJDHSS website:
<http://www.state.nj.us/health>.














If you would like to provide information about a new program or make any changes to a listing, please see page 3.

USING THE GUIDE

To use this resource, look for your county in the Table of Contents. For each county, Physical Activity and Nutrition Programs are listed. The name, address, and phone number are listed for each program. When available, details of the programs are provided, such as the FOCUS of the program, special SERVICES that are provided, specific POPULATIONS that are served, FUNDING sources, FEES or charges that may be incurred for attending the program and any OTHER information.

Below is a key for the services provided and populations served.

Key:






Information/education materials	
Lectures or seminars	
Self-help materials	
Assessment	
Counseling	
Formal classes or instruction	
Healthier food put into vending machines	
Provide equipment or facilities for fitness	
Changes in cafeteria food served	
5-A-Day Program	5
Tailored for youth	
Tailored for minority groups	
Tailored for seniors	
Tailored for women	









NUTRITION AND PHYSICAL ACTIVITY PROGRAMS IN NEW JERSEY







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ATLANTIC COUNTY NUTRITION PROGRAMS








Program Name:	Kessler Memorial Hospital Nutritional Counseling
Agency/Institution:	W.B. Kessler Memorial Hospital
Address:	600 S. White Horse Pike
County:	Atlantic
Phone:	(609) 561-6700 x 5347
Focus:	Provision of medical nutrition therapy
Services:	    
Population served:	All Ages.
Funded by:	Own Funding.
Fees & Charges:	Yes.
Other information:	

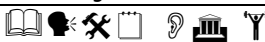

Program Name:	Nutrition Program
Agency/Institution:	Atlantic County
Address:	101 Shore Rd. Room 215 Northfield, NJ 08225
County:	Atlantic
Phone:	(609) 645-7700 x 4704
Focus:	To encourage good nutrition.
Services:	      5
Population served:	 
Funded by:	Federal
Fees & Charges:	None
Other information:	-








Program Name:	Pleasantville Partnership for Healthy Adolescents
Agency/Institution:	Pleasantville Partnership for Healthy Adolescents
Address:	201 South Shore Road, Northfield, NJ 08201
County:	Atlantic
Phone:	(609) 645-7700
Focus:	
Services:	   
Population served:	 
Funded by:	
Fees & Charges:	
Other information:	






Program Name:	Wellness/ Women's / Senior Centers.
Agency/Institution:	Shore Memorial Hospital.
Address:	1 East New York Ave. Somers Point, NJ 08244
County:	Atlantic
Phone:	(609) 653-4500
Focus:	To help the community to become healthier by being better informed.
Services:	       
Population served:	Ages 18+ 
Funded by:	Organization funds its own program
Fees & Charges:	Yes
Other information:	The program has specific cancer prevention focus and provides information for cancer patients/survivors.

ATLANTIC COUNTY PHYSICAL ACTIVITY PROGRAMS


Program Name:	Kessler Memorial Hospital Wellness & Oasis Center
Agency/Institution:	William B. Kessler Memorial Hospital
Address:	600 S. White Horse Pike
County:	Atlantic
Phone:	(609) 561-6700
Focus:	To help individuals to meet their goals.
Services:	      
Population served:	All ages.
Funded by:	Own funding.
Fees & Charges:	Yes
Other information:	


Program Name:	Wellness/ Women's/ Senior Centers
Agency/Institution:	Shore Memorial Hospital
Address:	1 East New York Ave. Somers Point, NJ 08244
County:	Atlantic
Phone:	(609) 653-4500
Focus:	To provide activities and education to our community in order to promote a healthy lifestyle.
Services:	
Population served:	Ages 19+ 
Funded by:	Organization funds its own programs
Fees & Charges:	Yes
Other information:	Program provides specific cancer prevention focus & information for cancer patients/survivors.


Program Name:	Pleasantville Partnership for Healthy Adolescents
Agency/Institution:	Pleasantville Partnership for Healthy Adolescents
Address:	201 South Shore Road, Northfield, NJ 08201
County:	Atlantic
Phone:	(609) 645-7700
Focus:	Reduce risky behavior and improve availability of services.
Services:	    
Population served:	 
Funded by:	State of NJ
Fees & Charges:	None
Other information:	



Program Name:	Physical fitness at Senior Centers
Agency/Institution:	Atlantic County
Address:	101 Shore Rd. room 215 Northfield, NJ 08225
County:	Atlantic
Phone:	(609) 645-7700 x4704
Focus:	To keep seniors feeling physically fit & well.
Services:	  
Population served:	 
Funded by:	Federally funded
Fees & Charges:	None
Other information:	








BERGEN COUNTY NUTRITION PROGRAMS


Program Name:	Diabetes Nutrition Counseling
Agency/Institution:	The Diabetes Center at Pascack Valley Hospital
Address:	270 Old Hook Road Westwood, NJ 07675
County:	Bergen
Phone:	(201) 358-3237
Focus:	Meal planning and nutrition counseling for people with diabetes.
Services:	
Population served:	All
Funded by:	Pascack Valley Hospital
Fees & Charges:	Call for information
Other information:	

Program Name	The Weigh to a Thinner You
Agency/Institution:	Pascack Valley Hospital - Cardiology Department
Address:	250 Old Hook Road Westwood, NJ 07675
County:	Bergen
Phone:	(201) 358-6000
Focus:	A complete program for moderate weight loss. Half of the class is devoted to exercise and physical activity. It combines all the essentials for sensible, successful weight loss and lifelong weight management.
Services:	
Population served:	Adults
Funded by:	Pascack Valley Hospital
Fees & Charges:	Call for information
Other information:	Hospital-based healthcare professionals staff the program. Registered Dietitians provide positive lifestyle behavior information and the latest nutrition information.

Program Name:	Herbal & Nutritional Consultations
Agency/Institution:	Complementary Medicine Center at Pascack Valley Hospital
Address:	270 Old Hook Road Westwood, NJ 07675
County:	Bergen
Phone:	(201) 594-4900
Focus:	Examination of food and supplement intake.
Services:	
Population served:	All
Funded by:	Pascack Valley Hospital
Fees & Charges:	Call for information
Other information:	Education is provided on nutritional and herbal supplements to benefit a person's health and lifestyle and complement their current diet.



Program Name:	HeartWise Dining Program
Agency/Institution:	Preventive Medicine Institute at Pascack Valley Hospital
Address:	270 Old Hook Road Westwood, NJ 07675
County:	Bergen
Phone:	(201) 358-3237
Focus:	A nutritional initiative developed for healthful and enjoyable eating away from home.
Services:	 
Population served:	All adults
Funded by:	Pascack Valley Hospital
Fees & Charges:	None
Other information:	Program encourages local area restaurants to become members to provide healthy food choices to their customers.





Program Name:	Nutrition and Wellness
Agency/Institution:	Bergen County Division of Senior Services
Address:	One Bergen County Plaza Hackensack, NJ 07601
County:	Bergen
Phone:	(201) 336-7400
Focus:	Maintain and/or improve nutritional status of program participants through easy access to nutritious meals and education to empower participants to make better food choices.
Services:	      5
Population served:	Ages 60+ 
Funded by:	County, State and Federal
Fees & Charges:	None
Other information:	





Program Name:	Increase Physical Activity and Improve Nutrition Goal Team-Partnership for Community Health
Agency/Institution:	Bergen County Department of Health Services
Address:	327 East Ridgewood Ave., Paramus, NJ 07652
County:	Bergen
Phone:	(201) 634-2694
Focus:	To increase the time spent in physical activity and to improve nutrition of Bergen County residents.
Services:	 5
Population served:	 and all adults
Funded by:	State and County
Fees & Charges:	None
Other information:	-


BERGEN COUNTY





PHYSICAL ACTIVITY PROGRAMS

Program Name:	Senior Activity Centers
Agency/Institution:	Bergen County Division of Senior Services
Address:	One Bergen County Plaza Hackensack, NJ 07601
County:	Bergen
Phone:	(201) 336-7400
Focus:	Optimize health through improved nutrition and increased activity.
Services:	
Population served:	Ages 60+ 
Funded by:	Private contributions, Local, State & Federal
Fees & Charges:	None
Other information:	-


Program Name:	Fitness & Exercise Program at the Health Education Center at Pascack Valley Hospital
Agency/Institution:	Preventive Medicine Institute at Pascack Valley Hospital
Address:	270 Old Hook Road Westwood, NJ 07675
County:	Bergen
Phone:	(201) 358-3237
Focus:	Offers specially designed exercises classes safe for all ages and fitness levels.
Services:	 
Population served:	Adults  
Funded by:	Pascack Valley Hospital
Fees & Charges:	Varies by class
Other information:	Classes for all levels of fitness held mornings, afternoons, evenings & weekends. Classes led by certified fitness instructors.

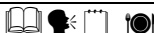

Program Name:	Paramus Park Mall Walkers
Agency/Institution:	Community Outreach Center of Pascack Valley Hospital
Address:	100 Madison Avenue Westwood, NJ 07675
County:	Bergen
Phone:	(201) 358-0054
Focus:	An opportunity to walk within an enclosed mall and to get health & fitness information.
Services:	  
Population served:	Adults 
Funded by:	Pascack Valley Hospital
Fees & Charges:	None
Other information:	Membership is required, Paramus Park Mall is available to members before regular mall hours.




Program Name:	Weigh to a Thinner You
Agency/Institution:	Pascack Valley Hospital - Cardiology Dept.
Address:	250 Old Hook Road Westwood, NJ 07675
County:	Bergen
Phone:	(201) 358-6000
Focus:	A complete program for moderate weight loss. Devoted to exercise and physical activity and combines all the essentials for sensible, successful weight loss and lifelong weight management.
Services:	
Population served:	Adults
Funded by:	Pascack Valley Hospital
Fees & Charges:	Call for information
Other information:	Staffed by hospital-based healthcare professionals. Exercise Physiologists develop and monitor individual fitness plans.

Program Name:	Increase Physical Activity and Improve Nutrition Goal Team-Partnership for Community Health
Agency/Institution:	Bergen County Department of Health Services
Address:	327 East Ridgewood Ave., Paramus, NJ 07652
County:	Bergen
Phone:	(201) 634-2694
Focus:	To increase the time spent in physical activity and to improve nutrition of Bergen County residents.
Services:	  
Population served:	 and all adults
Funded by:	State of New Jersey
Fees & Charges:	None
Other information:	Specific cancer prevention focus

BURLINGTON COUNTY NUTRITION PROGRAMS


Program Name:	Shape Down, Choose to Lose
Agency/Institution:	Virtua Health
Address:	106 Carnie Boulevard
County:	Burlington
Phone:	(856) 856-325-5542
Focus:	To provide patients with accurate, reliable nutrition information which leads to the successful management of disease specific conditions and weight loss.
Services:	
Population served:	All ages.
Funded by:	Virtua Health; Fee-for-Service
Fees & Charges:	Yes
Other information:	1:1 counseling; gestational diabetes




Program Name:	Burlington County Nutrition Program
Agency/Institution:	Burlington County Office on Aging
Address:	P.O. Box 6000, 49 Rancocas Road, Mount Holly, NJ 08060
County:	Burlington
Phone:	(609) 265-5069
Focus:	To increase nutrition.
Services:	
Population served:	
Funded by:	State and Federal
Fees & Charges:	None
Other information:	Nutrition information provided for cancer patients/survivors.

Program Name:	Herbs for Health Soyfood Nutrition Education
Agency/Institution:	Rutgers Cooperative Extension.
Address:	49 Rancocas Rd., PO Box 6000 Mt. Holly, NJ 08060
County:	Burlington
Phone:	(609) 265-5051
Focus:	-
Services:	   5
Population served:	Adults 19+
Funded by:	Organization funds its own programs
Fees & Charges:	Yes
Other information:	-

BURLINGTON COUNTY







PHYSICAL ACTIVITY PROGRAMS









Program Name:	William G. Rohrer Center for Health Fitness
Agency/Institution:	Virtua Health
Address:	106 Carnie Boulevard
County:	Burlington
Phone:	(856) 856-325-5542
Focus:	Improve overall health, wellness and fitness of participants.
Services:	
Population served:	All ages.
Funded by:	Virtua Health
Fees & Charges:	Yes
Other information:	Information for cancer patients/survivors.







Program Name:	Burlington County Nutrition Program
Agency/Institution:	Burlington County Office on Aging
Address:	P.O. Box 6000, 49 Rancocas Road, Mount Holly, NJ 08060
County:	Burlington
Phone:	(609) 265-5069
Focus:	Participation in some form of physical activity.
Services:	
Population served:	 
Funded by:	Not funded
Fees & Charges:	None
Other information:	

CAMDEN COUNTY

NUTRITION PROGRAMS






Program Name:	Lifesteps - Weight Management Program
Agency/Institution:	Kennedy Health System
Address:	Corporate Office: 1099 White Horse Road Voorhees, NJ 08043
County:	Camden
Phone:	(856) 566-2098
Focus:	Develop a long-term healthier approach to eating.
Services:	      5
Population served:	Ages 18+
Funded by:	Health system offsets some program expenses.
Fees & Charges:	Yes
Other information:	The program has a specific cancer prevention focus. Programs take place at various health system facilities.




Program Name:	Camden County Nutrition Program
Agency/Institution:	Camden County Division of Senior Services
Address:	700 Browning Rd., Suite 11 W. Collingswood, NJ 08107
County:	Camden
Phone:	(856) 858-2641
Focus:	To provide nutritious meals that includes 1/3 of the dietary reference intakes.
Services:	      5
Population served:	 
Funded by:	State, Federal, & Contributions.
Fees & Charges:	None
Other information:	Program has a specific cancer prevention focus.


Program Name:	Annual Women's Health Summit
Agency/Institution:	Camden County Department of Health and Human Services
Address:	DiPiero Center, Lakeland Road, Blackwood, NJ 08012
County:	Camden
Phone:	(856) 374-6035
Focus:	Provide education for residents.
Services:	      5
Population served:	All Camden County residents
Funded by:	County and State
Fees & Charges:	None
Other information:	-




CAMDEN COUNTY

PHYSICAL ACTIVITY PROGRAMS

Program Name:	Quarterly Lectures
Agency/Institution:	Camden County Division of Senior Services
Address:	700 Browning Road, Suite 11 W. Collingswood, NJ 08108
County:	Camden
Phone:	(856) 858-2641
Focus:	
Services:	   
Population served:	
Funded by:	Not funded
Fees & Charges:	None
Other information:	



Program Name:	"WET" program- pool activity
Agency/Institution:	Kennedy Health System
Address:	1099 White Horse Rd. Voorhees, NJ 08043
County:	Camden
Phone:	(800) 522-1965
Focus:	Increase mobility and relieve pain for individuals with arthritis.
Services:	  
Population served:	Ages 60+
Funded by:	Health systems offset some program expenses
Fees & Charges:	Yes
Other information:	Program takes place at the local YMCA.



Program Name:	Annual Women's Health Summit
Agency/Institution:	Camden County Department of Health and Human Services
Address:	DiPiero Center, Lakeland Road, Blackwood, NJ 08012
County:	Camden
Phone:	(856) 374-6035
Focus:	Provide education for residents.
Services:	
Population served:	All Camden County residents
Funded by:	County and State
Fees & Charges:	None
Other information:	-







Program Name:	"Walk This Way" program- walking program
Agency/Institution:	Kennedy Health System
Address:	1099 White Horse Rd. Voorhees, NJ 08043
County:	Camden
Phone:	(800) 522-1965
Focus:	Cardiovascular fitness
Services:	  
Population served:	Ages 60+
Funded by:	Health systems offset some program expenses
Fees & Charges:	Yes
Other information:	Program takes place at UMDNJ Wellness Center, Stratford, NJ

CAPE MAY COUNTY
NUTRITION PROGRAMS
PHYSICAL ACTIVITY PROGRAMS
(Please see Cumberland or Atlantic Counties)

CUMBERLAND COUNTY NUTRITION PROGRAMS



Program Name:	Kidstrong
Agency/Institution:	Vineland Health Department Vineland Youth Center
Address:	111 North Sixth Street, P.O. Box 1508, Vineland, NJ 08362-1508
County:	Cumberland
Phone:	(856) 794-4261
Focus:	To increase knowledge of nutrition for disease prevention.
Services:	
Population served:	
Funded by:	State of NJ and external grants
Fees & Charges:	None
Other information:	-





Program Name:	Nutrition Education Classes
Agency/Institution:	Vineland Health Department Vineland Youth Center
Address:	111 North Sixth Street, P.O. Box 1508, Vineland, NJ 08362-1508
County:	Cumberland
Phone:	(856) 794-4261
Focus:	To increase knowledge of nutrition for disease prevention.
Services:	
Population served:	
Funded by:	Vineland Health Department Vineland Youth Center
Fees & Charges:	None
Other information:	Classes administered 3 times / year by Rutgers Expanded Food and Nutrition Education Program

Program Name:	Nutrition Education and Nutrition Counseling
Agency/Institution:	Cumberland County Office on Aging and Disabled
Address:	790 East Commerce Street, Bridgeton, NJ 08302
County:	Cumberland
Phone:	(856) 453-2220
Focus:	To offer social opportunity, health & nutrition education and counseling.
Services:	   
Population served:	  and persons with disabilities
Funded by:	Federal and Cumberland Co.
Fees & Charges:	Voluntary
Other information:	General nutrition information for cancer patients/survivors.

CUMBERLAND COUNTY

PHYSICAL ACTIVITY PROGRAMS










Program Name:	Vineland Youth Center
Agency/Institution:	Vineland Health Department
Address:	111 North Sixth Street, P.O. Box 1508, Vineland, NJ 08362-1508
County:	Cumberland
Phone:	(856) 794-4261
Focus:	To offer youth in Vineland a safe place to participate in positive and healthy activities.
Services:	
Population served:	
Funded by:	State of NJ and external grants
Fees & Charges:	None
Other information:	Do additional work with parents of children for specific special programs.







Program Name:	Healthy Bones
Agency/Institution:	Cumberland County Office on Aging and Disabled
Address:	790 East Commerce Street, Bridgeton, NJ 08302
County:	Cumberland
Phone:	(856) 453-2220
Focus:	To extend and enhance mobility and general health.
Services:	 
Population served:	 
Funded by:	Not funded
Fees & Charges:	None
Other information:	Provides information for cancer patients / survivors.

Program Name:	Fitness Classes
Agency/Institution:	Holly City Family Center
Address:	8 E. Mulberry St. Millville, NJ 08332
County:	Cumberland
Phone:	(856) 293-0609
Focus:	Physical activity and swimming lessons.
Services:	🧠 📅 🦻 🏠 🏊
Population served:	All ages
Funded by:	Memberships, City & organization funds its own programs
Fees & Charges:	Yes
Other information:	

ESSEX COUNTY






NUTRITION PROGRAMS





Program Name:	Senior Contact
Agency/Institution:	Atlantic Health System
Address:	Mountainside Hospital, 1 Bay Ave., Montclair, NJ 07042
County:	Essex, Summit, Passaic, Morris
Phone:	(973) 429-6847
Focus:	
Services:	       
Population served:	
Funded by:	
Fees & Charges:	
Other information:	Senior Meal Program

Program Name:	Nutrition Education Programs
Agency/Institution:	Mountainside Hospital, Community Health Department
Address:	1 Bay Avenue Montclair, NJ 07042
County:	Essex
Phone:	973-429-6856
Focus:	
Services:	      5
Population served:	All adults in community
Funded by:	
Fees & Charges:	
Other information:	







ESSEX COUNTY

PHYSICAL ACTIVITY PROGRAMS

Program Name:	Yoga
Agency/Institution:	Mountainside Hospital, Community Health Department
Address:	1 Bay Avenue Montclair, NJ 07042
County:	Essex
Phone:	1-800-AHS-9580
Focus:	Stress reduction and increased strength and flexibility.
Services:	    
Population served:	All adults in community
Funded by:	Mountainside Hospital
Fees & Charges:	Yes
Other information:	Provide physical activity information for cancer prevention and for patients/survivors of cancer.

Program Name:	Senior Contact
Agency/Institution:	Atlantic Health System
Address:	Mountainside Hospital, 1 Bay Ave., Montclair, NJ 07042
County:	Essex, Summit, Passaic, Morris
Phone:	(973) 429-6847
Focus:	To educate people on how to live with Arthritis and be assertive about your healthcare.
Services:	  
Population served:	Adults over 40, 
Funded by:	Atlantic Health System and the State of New Jersey
Fees & Charges:	None
Other information:	Sponsor and facilitate PACE and WET Arthritis self-help courses; information for cancer patients/survivors

GLOUCESTER COUNTY NUTRITION PROGRAMS

Program Name:	Lifesteps - Weight Management Program
Agency/Institution:	Kennedy Health System
Address:	Corporate Office: 1099 White Horse Road Voorhees, NJ 08043
County:	Camden
Phone:	(856) 566-2098
Focus:	Develop a long-term healthier approach to eating.
Services:	      5
Population served:	Ages 18+
Funded by:	Health system offsets some program expenses.
Fees & Charges:	Yes
Other information:	The program has a specific cancer prevention focus. Programs take place at various health system facilities.






GLOUCESTER COUNTY








PHYSICAL ACTIVITY PROGRAMS

(Please see Camden or Cumberland Counties)

HUDSON COUNTY

NUTRITION PROGRAMS

Program Name:	Health Fair
Agency/Institution:	Christ Hospital
Address:	176 Palisades Ave. Jersey City, NJ 07306
County:	Hudson
Phone:	(201) 795-8304
Focus:	
Services:	   
Population served:	All ages 
Funded by:	Contract funded
Fees & Charges:	No
Other information:	Program has a specific cancer prevention focus & provides information for cancer patients/survivors.

Program Name:	Yearly Community Nutrition Program
Agency/Institution:	Palisades Medical Center
Address:	7600 River Rd. N. Bergen, NJ 07047
County:	Hudson
Phone:	(201) 854-5235
Focus:	Unknown
Services:	      
Population served:	Ages 40+
Funded by:	Not funded
Fees & Charges:	Yes (for diabetes counseling)
Other information:	-







HUDSON COUNTY

PHYSICAL ACTIVITY PROGRAMS

Program Name:	Palisades Medical Center Fitness Center
Agency/Institution:	Palisades Medical Center
Address:	7600 River Rd. N. Bergen, NJ 07047
County:	Hudson
Phone:	(201) 854-5235
Focus:	To promote physical well being, eliminate sedentary lifestyles, and promote prevention in health.
Services:	      
Population served:	All adults 
Funded by:	Insurance companies & private payments.
Fees & Charges:	Yes
Other information:	Program provides information for cancer patients/survivors.





HUNTERDON COUNTY

NUTRITION PROGRAMS







Program Name:	Lighten Up Weight Management Program
Agency/Institution:	Hunterdon Medical Center
Address:	190 Highway 31 Suite 300
County:	Hunterdon
Phone:	(908) 788-6130
Focus:	Weight management, decrease lipids, and improve diabetic control
Services:	     
Population served:	All Ages.
Funded by:	Own Funding.
Fees & Charges:	Yes.
Other information:	-







HUNTERDON COUNTY







PHYSICAL ACTIVITY PROGRAMS








Program Name:	Lighten Up Weight Management Program
Agency/Institution:	Hunterdon Medical Center
Address:	190 Highway 31 Suite 300
County:	Hunterdon
Phone:	(908) 788-6130
Focus:	To promote regular physical activity for obesity, cardiac, & diabetic patients who use our one to one nutrition counseling/ medical nutrition therapy.
Services:	   
Population served:	All ages.
Funded by:	Own funding.
Fees & Charges:	Yes
Other information:	-








MERCER COUNTY NUTRITION PROGRAMS

Program Name:	National Dairy Council Association
Agency/Institution:	The Medical Center at Princeton
Address:	253 Witherspoon St.
County:	Mercer
Phone:	(609) 497-4251
Focus:	Promote healthy eating and exercise program as well as behavior modification strategies for participants to follow the rest of their lives.
Services:	      5
Population served:	Age 18+
Funded by:	Registration Fee.
Fees & Charges:	Yes
Other information:	

Program Name:	Lifesteps Weight Management Program
Agency/Institution:	The Medical Center at Princeton
Address:	253 Witherspoon St.
County:	Mercer
Phone:	(609) 497-4251
Focus:	Promote healthy eating and exercise program as well as behavior modification strategies for participants to follow the rest of their lives.
Services:	      5
Population served:	Age 18+
Funded by:	Registration Fee.
Fees & Charges:	Yes







Program Name:	Diabetic Information
Agency/Institution:	St. Francis Medical Ctr.
Address:	601 Hamilton Ave. Trenton, NJ 08629
County:	Mercer
Phone:	(609) 599-5615
Focus:	Empower diabetics with tools to successfully manage diabetes. Nutrition and exercise thoroughly discussed in each class/program.
Services:	     5
Population served:	Ages 41+ 
Funded by:	External grants
Fees & Charges:	None
Other information:	-







Program Name:	Hypertension Program
Agency/Institution:	St. Francis Medical Center
Address:	601 Hamilton Ave. Trenton, NJ 08629
County:	Mercer
Phone:	(609) 599-5615
Focus:	Increase the knowledge base of the participants with regard to understanding and controlling hypertension and how hypertension is a major risk factor for cardiovascular disease. Heart healthy nutrition is thoroughly discussed as well as cholesterol levels, HDL, LDL, and Triglycerides.
Services:	      5
Population served:	Ages 41+ 
Funded by:	Not funded
Fees & Charges:	None
Other information:	




Program Name:	Mercer County Nutrition Project for the Elderly
Agency/Institution:	Mercer County Office on Aging
Address:	640 South Broad Street, PO Box 8068 Trenton, NJ 08650-0068
County:	Mercer
Phone:	(609) 989-6650
Focus:	To provide nutritional and social support services to all seniors to extend their independence and promote socialization while providing a balanced meal.
Services:	     5
Population served:	 
Funded by:	Federal & Local Municipality
Fees & Charges:	\$1 donation requested
Other information:	Nutrition info. available for participants who are cancer patients and survivors.






MERCER COUNTY





PHYSICAL ACTIVITY PROGRAMS

Program Name:	National Dairy Council Association
Agency/Institution:	The Medical Center at Princeton
Address:	253 Witherspoon St.
County:	Mercer
Phone:	(609) 497-4251
Focus:	Promote healthy eating and exercise program as well as behavior modification strategies for participants to follow the rest of their lives.
Services:	     
Population served:	Age18+
Funded by:	Registration Fee.
Fees & Charges:	Yes
Other information:	

Program Name:	Lifesteps Weight Management Program
Agency/Institution:	The Medical Center at Princeton
Address:	253 Witherspoon St.
County:	Mercer
Phone:	(609) 497-4251
Focus:	Promote healthy eating and exercise program as well as behavior modification strategies for participants to follow the rest of their lives.
Services:	     
Population served:	Age18+
Funded by:	Registration Fee.
Fees & Charges:	Yes
Other information:	








Program Name:	Mercer County Nutrition Project for the Elderly
Agency/Institution:	Mercer County Office on Aging
Address:	640 Broad Street, PO Box 8068 Trenton, NJ 08650-0068
County:	Mercer
Phone:	(609) 989-6650
Focus:	Integrate physical activity with nutrition project.
Services:	
Population served:	 
Funded by:	Local funding by Municipalities.
Fees & Charges:	None
Other information:	-








Program Name:	Hypertension Program
Agency/Institution:	St. Frances Medical Center
Address:	601 Hamilton Ave. Trenton, NJ 08629
County:	Mercer
Phone:	(609) 599-5615
Focus:	The exercise component is to show the correlation between exercise and the decrease in one's blood pressure improving cardiovascular health.
Services:	   
Population served:	Ages 41+ 
Funded by:	Not funded
Fees & Charges:	None
Other information:	-









Program Name:	Diabetic Education
Agency/Institution:	St. Frances Medical Center
Address:	601 Hamilton Ave. Trenton, NJ 08629
County:	Mercer
Phone:	(609) 599-5615
Focus:	Empower diabetics to understand the vital link between exercise and all of the positive effects it has on blood sugar management.
Services:	  
Population served:	Ages 41+ 
Funded by:	External grants
Fees & Charges:	None
Other information:	-








MIDDLESEX COUNTY





NUTRITION PROGRAMS





Program Name:	Finding Your Way Fit-community program
Agency/Institution:	St. Peters University Hospital
Address:	254 Easton Ave.
County:	Middlesex
Phone:	(732) 745-8600 x6553
Focus:	Improve Healthy Eating Habits
Services:	      
Population served:	All Ages.
Funded by:	Own Funding.
Fees & Charges:	Yes.
Other information:	





Program Name:	Healthy U 2002- employee program
Agency/Institution:	St. Peters University Hospital
Address:	254 Easton Ave.
County:	Middlesex
Phone:	(732) 745-8600 x6553
Focus:	Improve healthy eating habits.
Services:	      
Population served:	All Ages.
Funded by:	Own Funding.
Fees & Charges:	Yes.
Other information:	








Program Name:	Middlesex County Senior Meal Program
Agency/Institution:	Middlesex County Office of Aging
Address:	JFK Square, 5 th Floor New Brunswick, NJ 08901
County:	Middlesex
Phone:	(732) 745-3295
Focus:	To provide one nutritious meal- at least 1/3 RDA. Activities, educational, physical, entertainment is provided to help enhance the socialization and educational component of our program.
Services:	      5
Population served:	 
Funded by:	State, Federal, & County
Fees & Charges:	None
Other information:	-

Program Name:	RU Healthy Dining
Agency/Institution:	RU Healthy Dining Team
Address:	Dept. of Nutritional Sciences, Rutgers University, Davison Hall, New Brunswick, NJ 08901
County:	Middlesex
Phone:	-
Focus:	Educate students about nutrition and encourage them to make healthier food and lifestyle choices.
Services:	      5
Population served:	Adults & 
Funded by:	Rutgers Dining Services
Fees & Charges:	None
Other information:	-

Program Name:	Watch Your Step
Agency/Institution:	Woodbridge Township Health Department
Address:	2 George Frederick Plaza, Woodbridge, NJ 07095
County:	Middlesex
Phone:	(732) 855-0600
Focus:	Osteoporosis and injury prevention.
Services:	 
Population served:	  at risk for or suffering from osteoporosis
Funded by:	No funding
Fees & Charges:	None
Other information:	-







Program Name:	Women's Cancer Prevention
Agency/Institution:	Woodbridge Township Health Department
Address:	2 George Frederick Plaza, Woodbridge, NJ 07095
County:	Middlesex
Phone:	(732) 855-0600
Focus:	
Services:	 
Population served:	 
Funded by:	Woodbridge Township Health Department
Fees & Charges:	None
Other information:	-







Program Name:	Children's Healthcare Conference
Agency/Institution:	Woodbridge Township Health Department
Address:	2 George Frederick Plaza, Woodbridge, NJ 07095
County:	Middlesex
Phone:	(732) 855-0600
Focus:	Pediatric well care
Services:	 
Population served:	 
Funded by:	
Fees & Charges:	
Other information:	Programs for underinsured/uninsured






Program Name:	Nutritional Sciences Preschool
Agency/Institution:	Nutritional Sciences Preschool
Address:	26 Nichol Ave, Davidson Hall Rutgers University New Brunswick, NJ 08901- 2882
County:	Middlesex
Phone:	(732) 932-8895
Focus:	Promoting healthy eating habits for young children.
Services:	      5
Population served:	
Funded by:	Rutgers University
Fees & Charges:	Tuition-based
Other information:	Cooking in the classroom







MIDDLESEX COUNTY

PHYSICAL ACTIVITY PROGRAMS

Program Name:	Finding Your Way Fit – community program
Agency/Institution:	St. Peters University Hospital
Address:	254 Easton Ave.
County:	Middlesex
Phone:	(732) 745-8600 x6553
Focus:	Increase physical activity.
Services:	     
Population served:	All ages.
Funded by:	External grants.
Fees & Charges:	No
Other information:	







Program Name:	Healthy U 2002- employee program
Agency/Institution:	St. Peters University Hospital
Address:	254 Easton Ave.
County:	Middlesex
Phone:	(732) 745-8600 x6553
Focus:	Increase physical activity.
Services:	     
Population served:	All ages.
Funded by:	External grants.
Fees & Charges:	No
Other information:	

Program Name:	Physical Activity Programs
Agency/Institution:	YMCA Woodbridge Community Center
Address:	600 Main, Woodbridge, NJ 07095
County:	Middlesex
Phone:	(732) 596-4170
Focus:	
Services:	    
Population served:	All populations
Funded by:	YMCA Woodbridge Community Center
Fees & Charges:	Yes
Other information:	Joint effort between Woodbridge Township and YMCA







Program Name:	Nutritional Sciences Preschool
Agency/Institution:	Nutritional Sciences Preschool
Address:	26 Nichol Ave., Davison Hall, Rutgers University New Brunswick, NJ 08901-2882
County:	Middlesex
Phone:	(732)-932-8895
Focus:	To encourage physical activity to preschoolers and their families.
Services:	    
Population served:	 & information for parents (25-45 years old).
Funded by:	Parent tuition.
Fees & Charges:	Yes
Other information:	

Program Name:	Exercise for Fun, Movement for Fun
Agency/Institution:	Evergreen Senior Center
Address:	400 Inman Avenue, Colonia, NJ 07067
County:	Middlesex
Phone:	(732) 382-4700
Focus:	To increase exercise and fitness levels with the participants.
Services:	
Population served:	<i>GS</i>
Funded by:	Evergreen Senior Center
Fees & Charges:	None
Other information:	

Program Name:	Buddy Ball Program
Agency/Institution:	Woodbridge Township Health Department
Address:	2 George Frederick Plaza, Woodbridge, NJ 07095
County:	Middlesex
Phone:	(732) 855-0600
Focus:	To increase exercise and fitness levels with the participants.
Services:	🧠🔧📅
Population served:	Physically challenged
Funded by:	None
Fees & Charges:	None
Other information:	-





Program Name:	RU Healthy Dining Team
Agency/Institution:	RU Healthy Dining Team
Address:	Department of Nutritional Sciences, Rutgers University, Davison Hall, New Brunswick, NJ 08901
County:	Middlesex
Phone:	
Focus:	To encourage physical activity.
Services:	    
Population served:	Adults 19-40  .
Funded by:	Dining Services at Rutgers University
Fees & Charges:	None
Other information:	

MONMOUTH COUNTY NUTRITION PROGRAMS

Program Name:	Teens Feeling Healthy and Fit
Agency/Institution:	Prevention First
Address:	1806 Highway 35, Oakhurst, NJ 07755
County:	Monmouth
Phone:	(732) 663-1800
Focus:	Teaching teens to make healthy food choices, especially with fast food.
Services:	    5
Population served:	 
Funded by:	State of New Jersey
Fees & Charges:	None
Other information:	




MONMOUTH COUNTY










PHYSICAL ACTIVITY PROGRAMS






Program Name:	Teens Feeling Healthy and Fit
Agency/Institution:	Prevention First
Address:	1806 Highway 35, Oakhurst, NJ 07755
County:	Monmouth
Phone:	(732) 663-1800
Focus:	To help the students understand the importance of being physically fit and to show them how much fun exercise can be.
Services:	 
Population served:	 
Funded by:	State of New Jersey
Fees & Charges:	None
Other information:	

MORRIS COUNTY

NUTRITION PROGRAMS





Program Name:	Friends for Life
Agency/Institution:	Saint Clares Hospital
Address:	130 Powerville Rd. Boonton, NJ 07866
County:	Morris
Phone:	(973) 316-1833
Focus:	Promote healthy eating.
Services:	  
Population served:	Ages 41+ open to all groups
Funded by:	Organization funds its own program
Fees & Charges:	None
Other information:	-








Program Name:	Senior Contact
Agency/Institution:	Atlantic Health System
Address:	Mountainside Hospital, 1 Bay Ave., Montclair NJ 07042
County:	Essex, Summit, Passaic, Morris
Phone:	(973) 429-6847
Focus:	
Services:	       
Population served:	
Funded by:	
Fees & Charges:	
Other information:	Senior Meal Program


Program Name:	Annual Health Fair
Agency/Institution:	Kinnelon Health Department
Address:	130 Kinnelon Road, Kinnelon, NJ 07405
County:	Morris
Phone:	(973) 838-5403
Focus:	Improve health, lower risk for cancer and heart disease
Services:	     5
Population served:	All adults
Funded by:	Kinnelon Health Department
Fees & Charges:	None
Other information:	Specific cancer prevention focus; information for cancer patients/survivors




MORRIS COUNTY

PHYSICAL ACTIVITY PROGRAMS







Program Name:	Senior Contact
Agency/Institution:	Atlantic Health System
Address:	Mountainside Hospital, 1 Bay Ave., Montclair, NJ 07042
County:	Essex, Summit, Passaic, Morris
Phone:	(973) 429-6847
Focus:	To educate people on how to live with Arthritis and be assertive about your healthcare.
Services:	  
Population served:	Adults over 40, 
Funded by:	Atlantic Health System and the State of New Jersey
Fees & Charges:	None
Other information:	Sponsor and facilitate PACE and WET Arthritis self-help courses; information for cancer patients/survivors





Program Name:	Senior Contact
Agency/Institution:	Atlantic Health System
Address:	100 Madison Ave., Morristown, NJ 07962
County:	Morris, Essex, Union, Passaic
Phone:	(973) 971-7109
Focus:	Health education & wellness
Services:	    
Population served:	 
Funded by:	Atlantic Health System
Fees & Charges:	None
Other information:	Specific cancer prevention focus; information for cancer patients/survivors





Program Name:	Osteoporosis and You, Healthy Back Workshop
Agency/Institution:	Kinnelon Health Department
Address:	130 Kinnelon Road, Kinnelon, NJ 07405
County:	Morris
Phone:	(973) 838-5403
Focus:	To improve the quality of life for those with osteoarthritis by increasing awareness and decreasing injuries
Services:	
Population served:	♀ 40+ and those with osteoarthritis
Funded by:	Kinnelon Health Department
Fees & Charges:	None
Other information:	Demonstrations by professionals





Program Name:	Friends for Life
Agency/Institution:	Saint Clares Hospital
Address:	130 Powerville Rd. Boonton, NJ 07866
County:	Morris
Phone:	(973) 316-1833
Focus:	Promote healthy living.
Services:	  
Population served:	Ages 41+
Funded by:	Organization funds its own programs & programs have fees.
Fees & Charges:	Yes
Other information:	








OCEAN COUNTY NUTRITION PROGRAMS






Program Name:	Weigh to Live
Agency/Institution:	Community Medical Center
Address:	368 Lakehurst Rd., Suite 204 Toms River, NJ 08755
County:	Ocean
Phone:	(732) 240-0204
Focus:	Weight and lifestyle management for health and reduction of illness and medications.
Services:	     
Population served:	Ages 41+
Funded by:	Organization funds its own programs, insurance reimbursement, patient charged.
Fees & Charges:	Yes.
Other information:	Program has specific cancer prevention focus.








Program Name:	Healthy Snacks and Healthy Foods
Agency/Institution:	Center for Healthy Living at Kimball Medical Center
Address:	198 Prospect Street, Lakewood, NJ 08701
County:	Ocean
Phone:	(732) 730-1236
Focus:	To provides health education & wellness promotion to people throughout the whole life continuum.
Services:	  
Population served:	 (school-based) and all adults
Funded by:	
Fees & Charges:	
Other information:	Professional development workshops for school systems & corps. are provided upon request.

Program Name:	Food for Thought
Agency/Institution:	Center for Healthy Living at Kimball Medical Center
Address:	198 Prospect Street, Lakewood, NJ 08701
County:	Ocean
Phone:	(732) 730-1236
Focus:	To provide education for teens about healthy food choices, diets, eating disorders and sports nutrition.
Services:	  
Population served:	 S
Funded by:	
Fees & Charges:	
Other information:	Provided through schools, organizations (i.e. Scout troops, etc.) and onsite at the Center for Healthy Living.

Program Name:	Senior Support Group
Agency/Institution:	Jewish Family & Children Services
Address:	301 Madison Ave Lakewood, NJ 08701
County:	Ocean
Phone:	(732) 363-8010
Focus:	Unknown
Services:	  
Population served:	
Funded by:	State of New Jersey
Fees & Charges:	None
Other information:	-

Program Name:	Family & Consumer Sciences Nutrition, Diet & Health
Agency/Institution:	Rutgers Cooperative Extension of Ocean County
Address:	1623 Whitesville Rd. Toms River, NJ 08755
County:	Ocean
Phone:	(732) 349-1247
Focus:	Assisting those on food stamps to make better food choices and to help them make their food last throughout the month.
Services:	     5
Population served:	 adults 
Funded by:	Federal
Fees & Charges:	None
Other information:	Program has a specific cancer prevention focus.


Program Name:	Dover Township Senior Center
Agency/Institution:	Dover Township Senior Center
Address:	625 Garfield Ave. Toms River, NJ 08753
County:	Ocean
Phone:	(732) 341-1000
Focus:	Wellness and maintaining independent lifestyles.
Services:	  
Population served:	 
Funded by:	State, Federal & Township
Fees & Charges:	None
Other information:	-


Program Name:	Ocean County Nutrition Project for the Elderly
Agency/Institution:	Community Services Inc.
Address:	225 Fourth Street. Lakewood, NJ 08701
County:	Ocean
Phone:	(732) 367-1400
Focus:	To promote the independence, dignity, health and well-being of participants by providing nutritious meals in a group setting, encouraging social interaction to reduce isolation, and making supportive services available.
Services:	      5
Population served:	Age 60+ 
Funded by:	County, State, Federal
Fees & Charges:	Suggested donation
Other information:	Information for cancer patients/survivors, Meals on Wheels





Program Name:	Daybreak Adult Day Services
Agency/Institution:	Meridian Health System
Address:	816 Beaver Dam Road, Point Pleasant, NJ 08742
County:	Ocean
Phone:	(732) 892-1717
Focus:	Promote independence
Services:	☎
Population served:	Open to all adults.
Funded by:	State of NJ
Fees & Charges:	Yes
Other information:	






OCEAN COUNTY







PHYSICAL ACTIVITY PROGRAMS





Program Name:	Daybreak Adult Day Services
Agency/Institution:	Meridian Health System
Address:	816 Beaver Dam Road, Point Pleasant, NJ 08742
County:	Ocean
Phone:	(732) 892-1717
Focus:	Promote independence
Services:	
Population served:	Open to all adults
Funded by:	Not funded
Fees & Charges:	Yes
Other information:	



Program Name:	Classic Yoga & Gentle Yoga
Agency/Institution:	Center for Healthy Living at Kimball Medical Center
Address:	198 Prospect Street, Lakewood, NJ 08701
County:	Ocean
Phone:	(732) 730-1236
Focus:	To provides health education & wellness promotion to people throughout the whole life continuum.
Services:	 Y
Population served:	All adults
Funded by:	
Fees & Charges:	\$5 per class
Other information:	

Program Name:	Ocean County Nutrition Project for the Elderly
Agency/Institution:	Community Services Inc.
Address:	225 Fourth Street Lakewood, NJ 08701
County:	Ocean
Phone:	(732)367-1400
Focus:	To promote the independence, dignity, and health and wellbeing of participants by providing nutritious meals in a group setting, encouraging social interaction to reduce isolation, and making supportive services available and easily accessible to participants.
Services:	  
Population served:	Ages 60+ 
Funded by:	County, State and Federal
Fees & Charges:	Suggested donation
Other information:	



Program Name:	Senior Support Group
Agency/Institution:	Jewish Family & Children Services
Address:	301 Madison Ave. Lakewood, NJ 08701
County:	Ocean
Phone:	(732) 363-8010
Focus:	Informational
Services:	   
Population served:	
Funded by:	State funded
Fees & Charges:	None
Other information:	











Program Name:	Weigh to Live
Agency/Institution:	Community Medical Center
Address:	368 Lakehurst Rd., Suite 204 Toms River, NJ 08755
County:	Ocean
Phone:	(732)240-0204
Focus:	Weight management and lifestyle changes.
Services:	     
Population served:	Ages 19+
Funded by:	Organization funds its own program
Fees & Charges:	Yes
Other information:	Program has specific cancer prevention focus.








Program Name:	Beehive Senior Center
Agency/Institution:	Community Services Inc.
Address:	225 Fourth Street Lakewood, NJ 08701
County:	Ocean
Phone:	(732)367-1400
Focus:	To provide social support programs that assist older adults in living as independently and as physically fit as possible in the environment of their choice.
Services:	    5
Population served:	Ages 60+
Funded by:	County, State, Federal
Fees & Charges:	None
Other information:	










Program Name:	Dover Township Senior Center (Yoga & Exercise Classes)
Agency/Institution:	Dover Township Senior Center
Address:	625 Garfield Ave. Toms River, NJ 08753.
County:	Ocean
Phone:	(732) 341-1000
Focus:	Wellness and keeping independence.
Services:	
Population served:	Adults 60+ 
Funded by:	State & federal
Fees & Charges:	None
Other information:	

PASSAIC COUNTY NUTRITION PROGRAMS

Program Name:	Nutritional Services
Agency/Institution:	Barnert Hospital
Address:	680 Broadway, Paterson, NJ 07514-1472
County:	
Phone:	(973) 977-6628
Focus:	
Services:	 
Population served:	Hospital employees
Funded by:	
Fees & Charges:	
Other information:	





Program Name:	The John Victor Machuga Diabetes Education Center
Agency/Institution:	Saint Joseph's Wayne Hospital
Address:	224 Hamburg Turnpike, Wayne, NJ 07470
County:	Passaic
Phone:	(973) 956-3308
Focus:	To improve diabetes control and reduce associated risk factors through healthier dietary choices.
Services:	       
Population served:	Those diagnosed with diabetes, especially  
Funded by:	Partially, by the John Victor Machuga Fdtn.
Fees & Charges:	Yes
Other information:	Specific programs offered for people with heart disease, cancer or other illnesses. Website: www.sjwh.org



Program Name:	Nutritional Programs
Agency/Institution:	St. Joseph's Regional Medical Center
Address:	703 Main St. Paterson, NJ 07503
County:	Passaic
Phone:	(973) 754-3628
Focus:	Increase awareness of Diabetes, complications, meal planning.
Services:	      5
Population served:	Ages 19+ 
Funded by:	Not funded
Fees & Charges:	Yes
Other information:	

Program Name:	Senior Contact
Agency/Institution:	Atlantic Health System
Address:	Mountainside Hospital, 1 Bay Ave., Montclair, NJ 07042
County:	Essex, Summit, Passaic, Morris
Phone:	(973) 429-6847
Focus:	
Services:	       
Population served:	
Funded by:	
Fees & Charges:	
Other information:	Senior Meal Program

PASSAIC COUNTY

PHYSICAL ACTIVITY PROGRAMS

Program Name:	Senior Contact
Agency/Institution:	Atlantic Health System
Address:	Mountainside Hospital, 1 Bay Ave., Montclair, NJ 07042
County:	Essex, Summit, Passaic, Morris
Phone:	(973) 429-6847
Focus:	To educate people on how to live with Arthritis and be assertive about your healthcare.
Services:	  
Population served:	Adults over 40, 
Funded by:	Atlantic Health System and the State of New Jersey
Fees & Charges:	None
Other information:	Sponsor and facilitate PACE and WET Arthritis self-help courses; information for cancer patients/survivors

Program Name:	The John Victor Machuga Diabetes Education Center
Agency/Institution:	Saint Joseph's Wayne Hospital
Address:	224 Hamburg Turnpike, Wayne, NJ 07470
County:	Passaic
Phone:	(973) 956-3308
Focus:	To improve diabetes control through the inclusion of regular physical activity.
Services:	
Population served:	Those diagnosed with diabetes, especially 
Funded by:	Partially, by the John Victor Machuga Fdtn.
Fees & Charges:	Yes
Other information:	Monthly support groups. Specific programs offered for people with diabetes, heart disease, cancer & other illnesses. Website: www.sjwh.org

SALEM COUNTY









NUTRITION PROGRAMS









PHYSICAL ACTIVITY PROGRAMS








(Please see Cumberland or Atlantic Counties)



SOMERSET COUNTY








NUTRITION PROGRAMS

Program Name:	ProKIDS- Nutrition & Fitness
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Ave
County:	Somerset
Phone:	(908) 595-2638
Focus:	To promote healthy eating.
Services:	        5
Population served:	All Ages.
Funded by:	External grants
Fees & Charges:	No
Other information:	

Program Name:	The 8-week Fantastic Fitness and Nutrition Program, The Blitz Weight Loss Program and Body Basics
Agency/Institution:	Somerset Hills YMCA
Address:	140 Mount Airy Road, Basking Ridge, NJ 07920
County:	Somerset
Phone:	(908) 630-3508
Focus:	
Services:	     
Population served:	 
Funded by:	Somerset Hills YMCA
Fees & Charges:	Yes
Other information:	Full gym & personal trainers




Program Name:	Healthy Dinner Out
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Ave
County:	Somerset
Phone:	(908) 595-2345
Focus:	To educate on healthy diets.
Services:	     
Population served:	Age 50+ 
Funded by:	Own funding.
Fees & Charges:	Yes
Other information:	




Program Name:	Hospital Cafeteria Food
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Ave
County:	Somerset
Phone:	(908) 685-2589
Focus:	To increase awareness of healthy choices in cafeteria food. Increase knowledge on serving sizes, portion control, calories, & fat content in various foods.
Services:	 
Population served:	Age 20+
Funded by:	Own funding.
Fees & Charges:	No
Other information:	




Program Name:	Nutrition Education Program
Agency/Institution:	Somerset County Office on Aging
Address:	Nutrition Program, P.O. Box 3000, Somerville, NJ 08876-1262
County:	Somerset
Phone:	(908) 704-6342
Focus:	To provide valuable information that helps clients manage chronic conditions to improve health status and prevent the development of health problems.
Services:	    
Population served:	 
Funded by:	County, state and federal
Fees & Charges:	None
Other information:	Meals on Wheels; Food Stamp Education






SOMERSET COUNTY










PHYSICAL ACTIVITY PROGRAMS

Program Name:	Step-up
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Ave.
County:	Somerset
Phone:	(908)685-2589
Focus:	To increase/ build extra steps in a day (up to 6,000 consistently). This is a way for people to include exercise in to their daily lifestyles.
Services:	  
Population served:	Age 20+
Funded by:	Own funding.
Fees & Charges:	No
Other information:	

Program Name:	Healthy Bones
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Ave.
County:	Somerset
Phone:	(908)595-2345
Focus:	To increase physical activity and prevention.
Services:	  
Population served:	Age 50+
Funded by:	External grants.
Fees & Charges:	Yes
Other information:	

Program Name:	ProKIDS- Nutrition & Fitness
Agency/Institution:	Somerset Medical Center
Address:	110 Rehill Ave.
County:	Somerset
Phone:	(908)595-2638
Focus:	To promote health.
Services:	  
Population served:	All ages.
Funded by:	External grants.
Fees & Charges:	No
Other information:	










Program Name:	Project Healthy Bones
Agency/Institution:	Somerset County Office on Aging
Address:	Nutrition Program, P.O. Box 3000, Somerville, NJ 08876-1262
County:	Somerset
Phone:	(908) 704-6342
Focus:	Prevent osteoporosis; halt or reverse effects of osteoporosis, improve balance to help prevent falls, and provide education.
Services:	   
Population served:	 , especially those at risk for osteoporosis
Funded by:	State of NJ
Fees & Charges:	None
Other information:	Health screenings









Program Name:	The 8-week Fantastic Fitness and Nutrition Program, The Blitz Weight Loss Program and Body Basics
Agency/Institution:	Somerset Hills YMCA
Address:	140 Mount Airy Road, Basking Ridge, NJ 07920
County:	Somerset
Phone:	(908) 630-3508
Focus:	
Services:	      
Population served:	 
Funded by:	Somerset Hills YMCA
Fees & Charges:	Yes
Other information:	Full gym & personal trainers



SUSSEX COUNTY
NUTRITION PROGRAMS
PHYSICAL ACTIVITY PROGRAMS
(Please see Morris or Passaic Counties)









UNION COUNTY

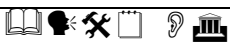

NUTRITION PROGRAMS








Program Name:	Senior Contact
Agency/Institution:	Atlantic Health System
Address:	Mountainside Hospital, 1 Bay Ave., Montclair, NJ 07042
County:	Essex, Summit, Passaic, Morris
Phone:	(973) 429-6847
Focus:	
Services:	       
Population served:	
Funded by:	
Fees & Charges:	
Other information:	Senior Meal Program








Program Name:	Plainfield Coalition Healthy Adolescent Program
Agency/Institution:	Plainfield Coalition
Address:	1700-58 Myrtle Ave., Plainfield, NJ 07063-1038
County:	Union
Phone:	(908) 753-6401
Focus:	To decrease the risk taking behavior of teen pregnancy, violence, and provide Safe Havens by exposing the Youth of Plainfield Public Schools to appropriate eating habits, physical activities, medical checkups and alternative social behaviors that are safer choices.
Services:	     
Population served:	 
Funded by:	State of New Jersey
Fees & Charges:	
Other information:	









Program Name:	Senior Nutrition Program
Agency/Institution:	Union County Division on Aging
Address:	Administration Building, 4 th Floor, Elizabethtown Plaza, Elizabeth, NJ 07207
County:	Union
Phone:	(908) 527-4877
Focus:	To provide nutritious meals and services which are designed to promote the independence, dignity, health and well-being of participants.
Services:	
Population served:	
Funded by:	State and Federal
Fees & Charges:	None
Other information:	Nutrition information provided for cancer patients/survivors.

Program Name:	Union County Mobile Wellness Center
Agency/Institution:	Union County Mobile Wellness Center
Address:	UC Community Health Services- Runnells Specialized Hospital 40 Watchung Way Berkeley Heights, NJ 07922
County:	Union
Phone:	(908) 771-5726
Focus:	Provide wellness information and health screenings to Union County residents.
Services:	    5
Population served:	   
Funded by:	County
Fees & Charges:	No
Other information:	Health fairs

Program Name:	Plainfield Coalition Healthy Adolescent Program
Agency/Institution:	Plainfield Coalition
Address:	1700-58 Myrtle Ave., Plainfield, NJ 07063-1038
County:	Union
Phone:	(908) 753-6401
Focus:	To expose the youth to appropriate eating habits, physical activities, medical check-ups and alternative social behaviors.
Services:	
Population served:	
Funded by:	State of New Jersey & external grants
Fees & Charges:	None
Other information:	





Program Name:	Elizabeth Project LEAP Program
Agency/Institution:	City of Elizabeth, Project LEAP Program
Address:	50 Winfield Scott Plaza, Elizabeth, NJ 07201
County:	Union
Phone:	(908) 820-4051
Focus:	
Services:	     
Population served:	
Funded by:	
Fees & Charges:	None
Other information:	









Program Name:	Cardiovascular Risk Reduction, Take Your Health to Heart Annual Cardiac Health Fair
Agency/Institution:	Overlook Hospital, Atlantic Health System
Address:	99 Beauvoir Ave., Summit, NJ 07902-0220
County:	Union
Phone:	(908) 522-5355
Focus:	
Services:	      
Population served:	Adults
Funded by:	
Fees & Charges:	
Other information:	








Program Name:	Pro-Kids
Agency/Institution:	Overlook Hospital, Atlantic Health System
Address:	99 Beauvoir Ave., Summit, NJ 07902-0220
County:	Union
Phone:	(908) 522-5355
Focus:	
Services:	      
Population served:	
Funded by:	
Fees & Charges:	
Other information:	Grades 1-8



UNION COUNTY









PHYSICAL ACTIVITY PROGRAMS



Program Name:	Senior Contact
Agency/Institution:	Atlantic Health System
Address:	Mountainside Hospital, 1 Bay Ave., Montclair, NJ 07042
County:	Essex, Summit, Passaic, Morris
Phone:	(973) 429-6847
Focus:	To educate people on how to live with Arthritis and be assertive about your healthcare.
Services:	  
Population served:	Adults over 40, 
Funded by:	Atlantic Health System and the State of New Jersey
Fees & Charges:	None
Other information:	Sponsor and facilitate PACE and WET Arthritis self-help courses; information for cancer patients/survivors

Program Name:	City of Elizabeth, Office of Youth, SOAR After-School Programs
Agency/Institution:	City of Elizabeth, Project LEAP Program
Address:	50 Winfield Scott Plaza, Elizabeth, NJ 07201
County:	Union
Phone:	(908) 820-4051
Focus:	
Services:	      
Population served:	
Funded by:	None
Fees & Charges:	
Other information:	Organized water sports, hiking, dancing and walking.

Program Name:	Cardiovascular Risk Reduction, Take Your Health to Heart Annual Cardiac Health Fair
Agency/Institution:	Overlook Hospital, Atlantic Health System
Address:	99 Beauvoir Ave., Summit, NJ 07902-0220
County:	Union
Phone:	(908) 522-5355
Focus:	
Services:	      
Population served:	Adults
Funded by:	
Fees & Charges:	
Other information:	







Program Name:	Plainfield Coalition Healthy Adolescent Pgm.
Agency/Institution:	Plainfield Coalition
Address:	1700-58 Myrtle Ave., Plainfield, NJ 07063
County:	Union
Phone:	(908) 753-6401
Focus:	To decrease teen pregnancy, violence, and provide Safe Havens by exposing the Youth of Plainfield Public Schools to appropriate eating habits, physical activities, medical checkups and alternative social behaviors.
Services:	
Population served:	
Funded by:	State of New Jersey and external grants
Fees & Charges:	None
Other information:	Peer educators, Freedom School

Program Name:	Pro-Kids
Agency/Institution:	Overlook Hospital, Atlantic Health System
Address:	99 Beauvoir Ave., Summit, NJ 07902-0220
County:	Union
Phone:	(908) 522-5355
Focus:	
Services:	      
Population served:	
Funded by:	
Fees & Charges:	
Other information:	Grades 1-8

Program Name:	Union County Mobile Wellness Center
Agency/Institution:	Union County Mobile Wellness Center
Address:	UC Community Health Services, Runnells Specialized Hospital, 40 Watchung Way Berkeley Heights, NJ 07922
County:	Union
Phone:	(908) 771-5726
Focus:	Provide health information to residents of 21 towns in Union County. Some of the information stresses physical activity.
Services:	
Population served:	
Funded by:	County
Fees & Charges:	None
Other information:	Health Fairs

WARREN COUNTY

NUTRITION PROGRAMS








Program Name:	Hints and Healthy Hearts Habits
Agency/Institution:	Warren County Health Dept. / Rutgers Family and Consumers Sciences
Address:	162 E. Washington Ave., Washington, NJ 07882
County:	Warren
Phone:	(908) 689-6000 x 224
Focus:	Good low fat, low cholesterol nutrition
Services:	      5
Population served:	All ages
Funded by:	Warren County Health Dept. / Rutgers FCS
Fees & Charges:	None
Other information:	Program also includes physical activity topics. May be modified for intended target population.

WARREN COUNTY









PHYSICAL ACTIVITY PROGRAMS





(Please see Morris County)

STATE-WIDE NUTRITION PROGRAMS





Program Name:	Meeting Well
Agency/Institution:	American Cancer Society, Eastern Division, Inc.
Address:	US Route 1, North Brunswick, NJ 08902
County:	All
Phone:	(856) 616-1651
Focus:	Healthy options to serve in a meeting setting
Services:	       5
Population served:	Adults in corporate worksites
Funded by:	
Fees & Charges:	
Other information:	








Program Name:	Generation Fit
Agency/Institution:	American Cancer Society, Eastern Division, Inc.
Address:	US Route 1, North Brunswick, NJ 08902
County:	All
Phone:	(856) 616-1651
Focus:	Teaches youngsters how to plan healthy menus
Services:	📖🧠🔪📅🏛️❤️🕒 5
Population served:	🚲 (ages 11-18) in schools and active in community-based organizations
Funded by:	
Fees & Charges:	
Other information:	









Program Name:	Body & Soul
Agency/Institution:	American Cancer Society, Eastern Division, Inc.
Address:	US Route 1, North Brunswick, NJ 08902
County:	All
Phone:	(856) 616-1651
Focus:	Targets primarily African Americans through their place of worship
Services:	       5
Population served:	
Funded by:	
Fees & Charges:	
Other information:	






Program Name:	Project Healthy Bones
Agency/Institution:	New Jersey Department of Health and Senior Services
Address:	P.O. Box 807, Trenton, NJ, 08625-0807
County:	All
Phone:	(609) 943-3499
Focus:	Provide education to older adults with or at-risk for osteoporosis.
Services:	   
Population served:	Older adults with or at risk for osteoporosis.
Funded by:	External grants
Fees & Charges:	None
Other information:	Nutrition information for cancer patients/survivors.

STATE-WIDE PHYSICAL ACTIVITY PROGRAMS

Program Name:	New Jersey Live Long, Live Well State-wide Walking Program for Older Adults
Agency/Institution:	New Jersey Department of Health and Senior Services
Address:	P.O. Box 807, Trenton, NJ 08625-0807
County:	All
Phone:	(609) 943-3481
Focus:	Establish a state-wide walking program for New Jersey's older adults to increase physical activity and reduce risk of chronic disease.
Services:	  
Population served:	 (50+)
Funded by:	State and federal
Fees & Charges:	None
Other information:	Recognition for achievements, walking log book, statewide website to track activity.

Program Name:	Active for Life
Agency/Institution:	American Cancer Society, Eastern Division, Inc.
Address:	US Route 1, North Brunswick, NJ 08902
County:	All
Phone:	(856) 616-1651
Focus:	
Services:	      
Population served:	Adults in corporate worksites -- system based organizations
Funded by:	
Fees & Charges:	
Other information:	Team environment & self-motivation

Program Name:	Generation Fit
Agency/Institution:	American Cancer Society, Eastern Division, Inc.
Address:	US Route 1, North Brunswick, NJ 08902
County:	All
Phone:	(856) 616-1651
Focus:	
Services:	      
Population served:	 (ages 11-18) in schools and active in community-based organizations
Funded by:	
Fees & Charges:	
Other information:	

Program Name:	Project Healthy Bones
Agency/Institution:	New Jersey Department of Health and Senior Services
Address:	P.O. Box 807, Trenton, NJ, 08625-0807
County:	All
Phone:	(609) 943-3499
Focus:	Provide physical activity and education to older adults with or at-risk for osteoporosis.
Services:	    
Population served:	Older adults with or at risk for osteoporosis
Funded by:	External grants
Fees & Charges:	None
Other information:	Physical activity information provided for cancer patients/survivors.

ADDITIONAL STATE-WIDE RESOURCES

NJ 5 A Day

NJ 5 A Day is affiliated with the National Cancer Institute's 5 A Day for Better Health Program, a nationwide nutrition education campaign encouraging Americans to eat five or more servings of fruits and vegetables every day.

To learn more, call 609-292-9560 or visit:

<http://www.state.nj.us/health/fiveaday/welcome.htm#NJ>

The Supplemental Nutrition Program for Women, Infants and Children (WIC)

Pregnant, postpartum and breastfeeding women, infants and children <5 who are at nutritional risk and income is 185% of the U.S. Poverty Income Guidelines are eligible.

To learn more, call 1-800-328-3838 or visit:

<http://www.state.nj.us/health/fhs/suppnutr.htm>

Rutgers Cooperative Extension (RCE)

Focus on issues and needs relating to agriculture and the environment; management of natural resources; food safety, quality, and health; family stability; economic security; and youth development.

County Extension offices can be found at:

<http://www.rce.rutgers.edu/county/default.asp>

or call: 732-932-9306

Office of Cancer Control and Prevention, NJDHSS

The Nutrition and Physical Activity Workgroup of the NJ Comprehensive Cancer Control plan is focusing on nutrition and physical activity related to cancer prevention, research and survivorship.

More information can be found by calling: 609-588-5038 or

<http://www.state.nj.us/health/ccp/index.html>

NJ Dietetic Association

The New Jersey Dietetic Association provides medical nutrition therapy and nutrition education to the citizens of New Jersey and bordering states. More information can be found by calling: 908-359-1184 or

<http://www.eatrightnj.org/>

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To contact us: 3

FOR MORE INFORMATION

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Trenton, NJ 08625-0360
Phone: 609-633-6552
Fax: 609-633-6814
email: NJCCR@doh.state.nj.us

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